


BIRTHS

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At Newchwang, on the 12th August,
the Wife of C. C. DE BURGH DALY, of
Son:
At 5, Fochiew Road, Shanghai, on the
19th August, the Wife of A. C. SCHOU-
BURNE, of a Son.

DEATH.
On the 16th Aug. at Kabe, JOHN GREEN
WALKER, after a short illness; aged 6
years.

 The publication of this issue commenced
at 6.30 p.m.

The China Mail.
HONGKONG, TUESDAY, AUGUST 24, 1897.

LOCAL AND GENERAL.

STEAMERS PASSED SUEZ CANAL
(SUPPLIED THROUGH BUTTER.)

UPWARD BOUND.—Lochary, St. Ninian,
July 27; Desford, Bruns, 28;
Casta, Hertha, August 3; Elm Brand,
Flintshire, Lady Furness, 8; Macdon-
Purhus, Sumatra, Yarra, Glascow,
Yermis, 10; Odessa, Helma, Rich-
Clonacraig, Sydney, Teucer, 10;
Socotra, 20.

HOMEWARD BOUND.—Socotra, July
28; Sun, 13; St. Andrews, 23; Eliza
28; Ayr, 29; Thetis, 30;
Dandely, Formosa, Dorothos, Rick-
Ellen Rickmers, 6; Teenhik, Sachsen,
Heclor, Oceanum, Peking, 10.

VESSELS PASSED ANJER.
OUTWARD.—June 28.—British 4-masted
Barque Bandouche for Nagasaki, 4
 masted *Bay* March 25. June 28.—
 German ship *Pera* for Hakodate, 4-masted
 American ship *Wm. H. Conner* for Shanghai,
 from New York March 28. June 28.—
 American ship *C. C. Smith* for Shanghai,
 from New York March 28. June 28.—
 American ship *Edenbooke* for
 Shanghai, from New York March 28.
 June 29.—British 4-m. *barque Falck*
Ettrick for Anjer, 10, from
 Feb. 28. July 1.—British 4-m. *barque*
Columbia for Bangkok, from Delagoa
 Bay May 28. July 2.—British
 ship *Tillie* for Nagasaki, from Philip-

Thickman

phia-March 26. July 3.—British
Lord Walseley for Yokohama, from
sacola Feb. 23. July 5.—British ba
Benavon for Hiogo, from Philadel
March 24. July 9.—German ship *Ri
Rickmers* for Singapore, from C
April 2. July 12.—German ship *K
for Singapore, from Newcastle, N.S.
May 29.
HOWARD.—June 24.—Italian ba*

Documentary, 4 months' sight, ...

Maria Acaena for Liverpool, from Singapore May 19. June 26.—British barque *Engelhorn* for Boston, from Cebu May 15. July 12.—British ship *Sierra Leone* for Falmouth, from Saigon June 2. 13.—British barque *Cambudisdon* for New York, from Singapore. July 13.—Hawaiian barque *Fooking Sney* for New York, from Manila May 26.

Malta.

The Imp. German Mail *ex. p. Private* arrived from the GERMAN MAIL of the 25th July, left Singapore on Friday the 20th Aug., at 4 p.m. may be expected here on or about Wednesday the 23th Aug.

Gold Leaf, 100 fine, (per tael)...	8
...	...

The P. M. Co.'s s. a. *China*, with
 &c., left San Francisco for this
 via Honolulu, Yokohama, Inland
 Kobe, Nagasaki, and Shanghai, on
 5th Aug.

The O. & O. Co.'s s. a. *Belgie*, with
 &c., left San Francisco for this
 via Yokohama, Inland Sea, Kobe
 Nagasaki and Shanghai, on the 14th

Steamers Expected.

The O. S. S. Co.'s s. *Dardanus*, Liverpool, left Singapore on the 19th of 28th Aug., and may be expected here on or about Wednesday 25th Aug.

The N. G. L. s. s. *Leitlin* left Singapore on the 20th Aug., may be expected here on or about 27th Aug.

The N. Y. K. s. s. *Sagami Maru* Melbourne dock, left Thursday for this port on the 23rd Aug. 17th Aug., and is expected to be here on the 28th Aug.

The B. L. str. *Bengala*, from Antwerp London, left Singapore on 18th Aug., for this port.

The G. M. Co.'s s. s. *Colony*, from Rangoon and Liverpool, passed here on the 18th Aug., and may be expected due at Singapore on or about the 21st September.

Helms Runners, from

100

disastro, Antwerp and Hamburg, and of the Canal on the 10th Aug., are to be considered due at Singapore about the 7th September.

The C. P. Co. is a large sailing steamer, Tacoma, Washington, for this Japan on the 14th Aug.

Latest Advice.

The K. & A. S. steamer from the S. Co., left Port Darwin on the 1st Aug. for this port.

BAHON ROSIN, the new Russian Minister to Japan, has arrived at Tokio.

ACCORDING to Japanese papers, the Government has decided to issue of the indemnity money in London

10-11-68

Sat July, was 25,184,108 lbs. 7d.

their

Gussay, the Arctic explorer, is of that Andre's, the balloonist, and his companions will never be seen again. A steady southerly wind carried the men to the North Pole, the chances of finding a northerly current to carry him back or to land 1000 miles on the side are very remote.

Q.

The Band of the West Yorkshire Regiment will play the following programme at three on Wednesday—
26th August

1. Overture.
2. "The March."
3. "The Girl of the Year."
4. "The Merry Widow."
5. "The Girl of the Year."

The bandmaster of the regiment is Mr. H. B. Palmer.

Dances
from 9 till 12
Admission Free
Refreshments
and Beer
sold by
the Band

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ALL INFORMATION CONTAINED
HEREIN IS UNCLASSIFIED
DATE 08-29-2007 BY 60322 UCBAW

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THE NAVAL ESTABLISHMENT AT
HONGKONG.

HONGKONG.
QUESTION IN THE HOUSE OF COMMONS.
In the House of Commons on the 22nd

was contemplated; and whether the people were aware that a large quantity of property, liable to such great damage from climatic causes, had been landed in an unprotected condition before the erection of the proposed new engine shops had been commenced.

Mr Austen Chamberlain said: The answer to the first question is yes; and the answer to the second is no. The machinery have been landed at Hongkong for use in case of emergency. The machinery can be erected in the open, but, if necessary, it will be protected by cheap temporary coverings until the new buildings are ready, as it is usual in many private establishments to do so. Therefore, there is no damage will result from climatic causes.

HOW TO LIVE LONG.

Dr Charles W. Purdy concludes to the *North American Review* for June an interesting practical article on "Popular Errors in Living." He asks himself the following questions:—(1) Are we not becoming more and more addicted to the use of drugs for the relief of ills and pains that are purely the result of faulty habits of living, and, as a consequence, will we be more suffering, more effectively and permanently relieved by simply correcting our improper habits? (2) Are we not afflicted with a large amount of suffering, misery, disease for which there is no necessity whatever; and are we not likely through the ordinary treatment of such ailments to shorten our own life? (3) Do not a very large number of our people die much earlier in life than their constitutions, apparent vigour, and family histories would seem to warrant; and are not these premature deaths very largely unnecessary; and therefore, are there any errors in living which, if corrected, would be of service to the affirmative. He says:—If a man who is born of healthy parents, and who is himself healthy at birth, become seriously disabled in health before the age of from six-five to seventy, barring accidents or infectious diseases, it is solely because he has had proper parents.

Wherein do we fall to live properly? Dr Purdy promptly and explicitly explains wherein the error lies. First, well-to-do people eat far too much meat; too little of Bright's disease, heart failure, and other diseases that may be cured; fifty per cent. of the people he had adopted un-dified vegetarianism, they might have attained their three-score years and ten. Next to the error of taking too much meat is the error of taking too much starchy food and sugar. This mistake is the thing so much to be drunk against, and the rule, do not take nearly a pound of sugar in every half-a-dozen bottles of champagne, while some domestic wines contain half-a-pound of sugar in every quart bottle. Beer has six grains and of sugar per ounce. The hawthorne and indigestion that follows drink the water and the rule, do not take more than a half-pound of sugar, and not to the alcohol. Another error, which he states is the habit, of not wearing wool next to the skin. Americans spend more money upon their dress than any other the world, and physiologically are the worst dressed men in the world. Summing up his observations, Dr Purdy draws up the following rules for the readers who wish to

the chapter. He says:—The man of robust constitution and sedentary habits should live largely upon fish, green vegetables, and acid fruits, eating but one meat but once daily. He may in addition eat bread and potatoes, but these should constitute his limit of starchy foods. Cakes, farinas, oatmeal, and the various cereal breakfast foods should be indulged in but rarely or altogether avoided. Supper should be sparingly, and only as a flavouring for soups or beverages, and never as a food in itself. If he use wine with his dinner, it should preferably consist of the non-saccharin order; and he should limit the quantity of fluids consumed with his meals to from twelve to sixteen ounces. He should rise between six and seven o'clock in the evening, and at all times eat in moderation, never under any circumstances overloading his stomach.

OHIOA COAST METEOROLOGICAL REGISTER.

August 19th, —A. C. P. M.

Station.	Barometer.	Thermometer.	Humidity.	Direction.	Force.	Weather.	State.
W'itstock.	29.78	69	—	SE	6	C	1.

[illegible]

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